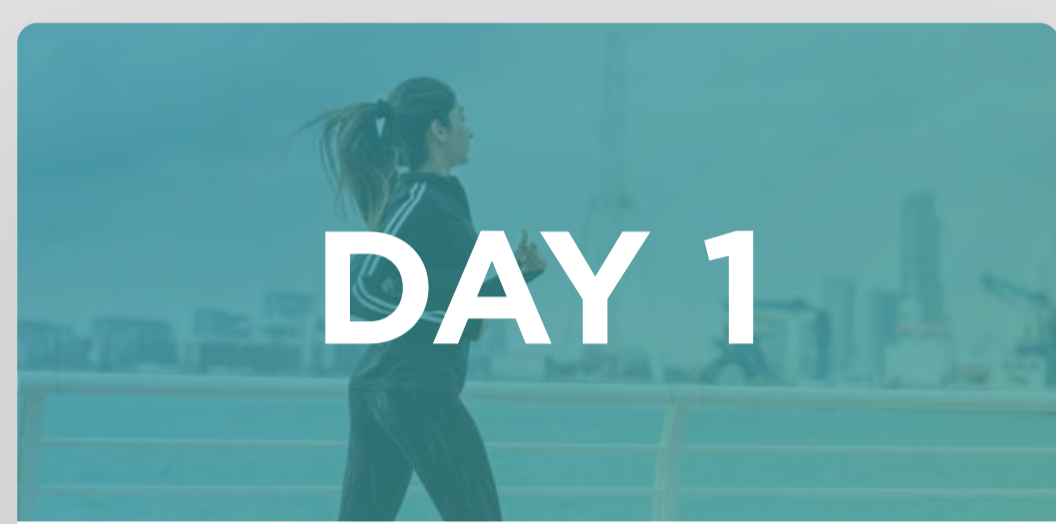





5KM
LUKE MATHEWS
Coach

WEEK 4 TRAINING PROGRAMME




DAY 1

2-minute walk
8-minute run
Repeat 3-4 times



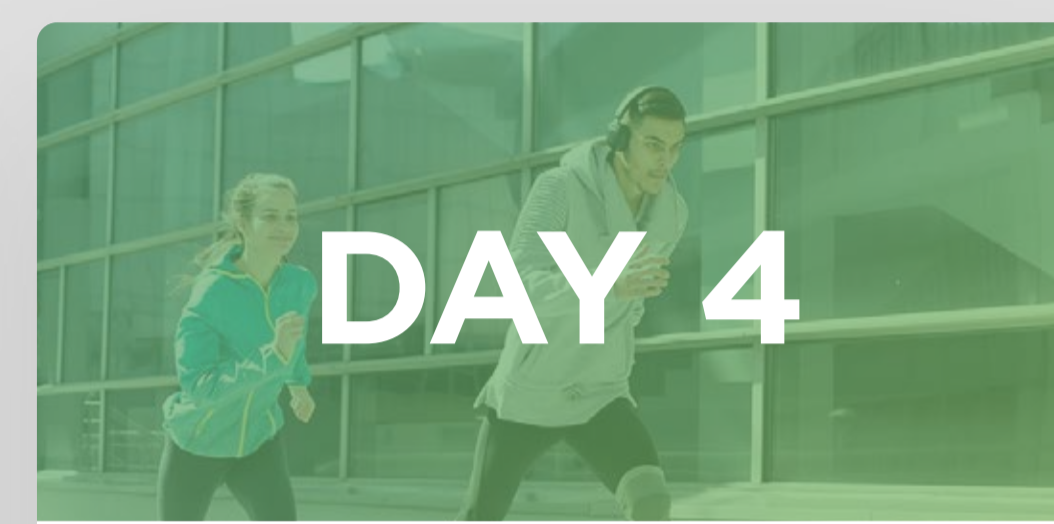
DAY 2

30-minutes of training;
swimming, cycling,
yoga or gym




DAY 3

Rest day
15-minute easy walk
15-minute mobility
exercises or stretching



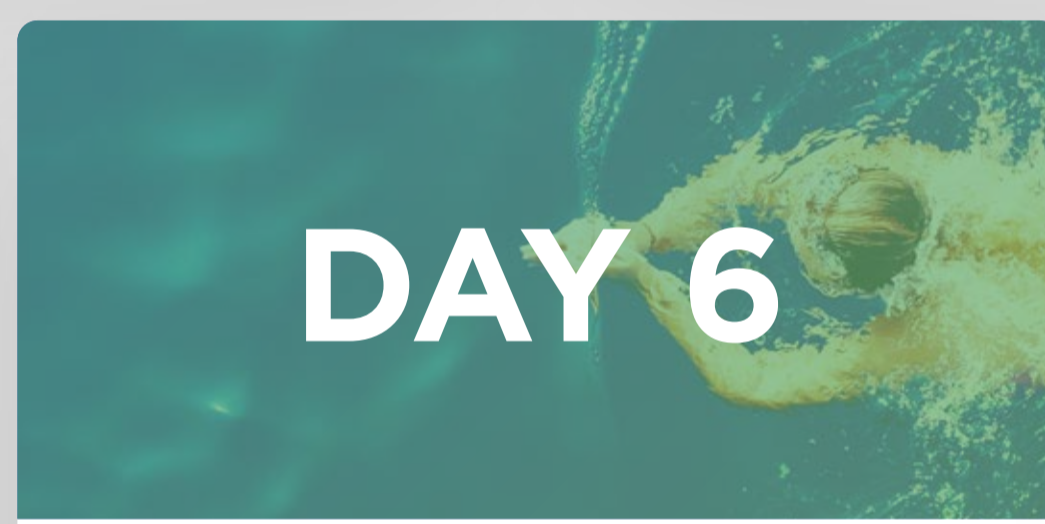
DAY 4

1-minute walk
4-minute fast run
1-minute jog
Repeat 5 times



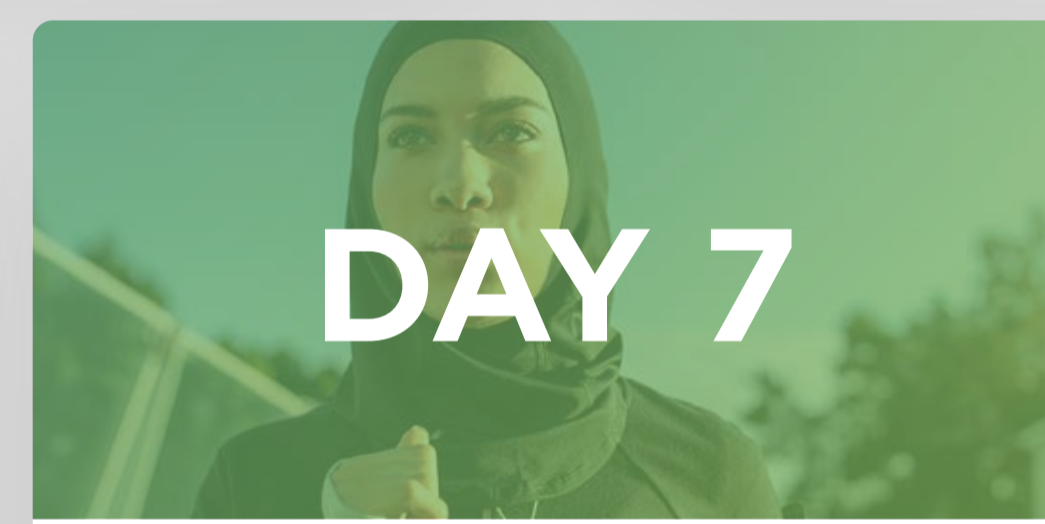
DAY 5

5-minute walk
20-minute run
5-minute walk



DAY 6

30-minutes of training;
swimming, cycling,
yoga or gym



DAY 7

10-minute walk
5-minute run
15-minute mobility
exercises or stretching

THIS WEEK'S TIPS AND TRICKS



It is the final week of bringing it all together. Keep up with quality sleep, focus on routine, good hydration and stick to the plan



Make sure you have done some training runs in the kit (shoes, shorts, socks, vest etc.) that you will be using on the day of the run to ensure it all fits and is comfortable. Avoid trying new items on run day



If you have made it this far, followed the plan and made positive changes to your life - then you should be proud of yourself



Don't overload on food the night before the run. The body has enough energy to get you through it. It isn't a marathon, so no extra carbs are required, just eat a healthy dinner and a small, easy-to-digest breakfast, like a banana with toast

TAG US DURING YOUR TRAINING!

 **@DUBAIFITNESSCHALLENGE @TRIHARDLUKE**

#DUBAIRUN